



# Yoga

A journey of reconnection with self and community: an embodying practice for all abilities

ATSA, Melbourne 2023

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## What is yoga?

Yoga is an ancient system of physical, mental and spiritual practices that have been passed down through the centuries.

Yogic practices include breathing techniques, postures, relaxation, chanting, and other meditation methods.

Yoga is a Sanskrit word translated as “yoke” or “union.” To yoke means to draw together or to unite. Its aim is to create a union of the body, mind, soul, and universal consciousness.

There are many different styles of yoga, each with their own unique focus and approach to creating a unitive state.



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## Mental health benefits

- Improved relaxation / decreased stress  $\square \Sigma$  🧠
- Relief from symptoms of trauma (hypervigilance, anxiety)  $\Omega$
- Improved wellbeing / quality of life  $\Omega \infty$  🧘
- Improved mental clarity, memory
- Better respiration  $\Sigma$  🧠
- Improved low mood  $\Sigma \infty$

PTSD & trauma  $\Omega$  Cancer  $\infty$  SCI  $\Sigma$   
 TBI 🧠 Geriatric 🧓 Stroke  $\square$  MS 🧠  
 Fibromyalgia #

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## Physical benefits

- Pain relief  $\Sigma$  🧠
- Improved balance  $\Phi$
- Re-established relationship with the body  $\Phi \infty$  🧠
- Improved mobility  $\Phi$  🧠
- Fatigue management  $\infty$  🧠
- Better posture  $\Sigma$
- Improved sleep hygiene  $\Sigma \infty \#$
- Improved falls (less falls, fear of falls)  $\Phi$  🧑

PTSD & trauma  $\square$  Cancer  $\infty$  SCI  $\Sigma$   
 TBI 🧠 Geriatric 🧑 Stroke  $\square$  MS 🧠  
 Fibromyalgia  $\square$

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## Participation in daily life

- Improved psychosocial engagement/networking  $\Phi \Sigma \infty$  🧠
- Returning to domestic tasks and hobbies  $\Phi$

PTSD & trauma  $\square$  Cancer  $\infty$  SCI  $\Sigma$   
 TBI 🧠 Geriatric 🧑 Stroke  $\square$  MS 🧠  
 Fibromyalgia  $\square$

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# YOGA THROUGH SIMPLICITY. NOT REDUCTION.



## DIFFERENT. NOT LESS.

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*thank you*  
**Namaste**

**Lisa Bidgood**

Occupational Therapist  
Adapted yoga teacher

 **Spinal Life**  
AUSTRALIA  
[lbidgood@spinal.com.au](mailto:lbidgood@spinal.com.au)